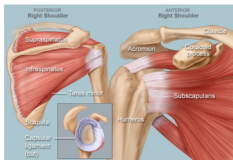


Musculoskeletal System of the Shoulder



The bones and muscles form the backdrop for proper passage and support for the nerves and blood vessels that traverse the upper body. The components involved in this process include:

- Proper bone alignment - the neck vertebrae, first rib and collarbone must be aligned properly to allow enough space for the brachial plexus and subclavian blood vessels to pass through the correct path without obstruction or interference.
- Proper muscle alignment - muscles of the upper body must be aligned in proper form, particularly the scalene muscles. The scalene muscles consist of three powerful muscles on each side of the neck that bend and rotate the neck, and assist in breathing by raising the first two ribs during inspiration (breathing in). The ideal posture which promotes the most appropriate muscle alignment is when the head sits directly atop the shoulders which we identify as erect posture.

The shoulder blades are moving away from each other as they do in Cat pose for example. If the shoulder blades are moving together, Serratus Anterior is turned off and shoulder tendons are vulnerable during load bearing postures, like Chaturanga

To safe guard your shoulders and your practice, hug your elbows into your rib cage and push away from the floor as much as you can as your lower Properly executed Chaturanga can give you deliciously strong, healthy and shapely shoulders. Save the shredding for bodybuilders and snowboarders.

